



AFTERSCHOOL PROGRAMS: Fun Physical Activity



Name of Activity: Black Ice

Grade Level: 3-5

Equipment

- 1 hockey stick & 1 puck for each student (tennis, plastic, or yarn ball)
- 20-25 cones

Skill Themes

- Striking with long handled implements

Sport Skills & Strategy

- Stick handling (around obstacles, at different speeds and directions)

Organization

- Designate two parallel lines 15-20 yds. apart (length of the line will depend on class size).
- Randomly scatter cones throughout the activity area.
- Students are spread evenly along one line, each with a stick and a puck.

Description

- The cones are "black ice", i.e., dangerous ice that cannot be easily seen.
- On signal, the puck carriers attempt to stick handle their puck from one line to the other without losing control of the puck or touching the cones.
- Should a students or their puck touch a cone, they must stop and do 5 jumping jacks before resuming the activity.

Teaching Suggestions

- Encourage students to use both sides of the stick to better control the puck.
- If space is limited or rest intervals needed, have the students move across in two separate groups.

Now Try This

- Gradually decrease the time allowed to stick handle across the area (25 seconds, 20 seconds, etc.); however keep the time limit reasonable for most of the students.
- Adding more cones (or other obstacles) make stick handling more challenging.



Provided by: Eileen Avato

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June 2012

ShapingNJ, The State Partnership for Nutrition, Physical Activity and Obesity Prevention

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